

OLYMPIC WEIGHTLIFTING

Week 1/3, Day 1/2	Week 1/3, Day 2/2	Week 1/3, Day 1/1
POWER SNATCH + 2 SNATCHES 55/2, 65/1, 75/1, 80/1, 75/1 (3) Rest :90 to 2:00 between top sets. Do you catch your power snatch particularly high? Can you catch it lower? How does this affect your full snatch?	POWER CLEAN + 2 CLEAN & JERKS 55/2, 65/1, 75/1, 80/1, 75/1 (3) Rest :90 to 2:00 between top sets. Do you catch your power snatch particularly high? Can you catch it lower? How does this affect your full snatch?	POWER SNATCH + 2 SNATCHES 55/2, 65/1, 75/1, 80/1, 75/1 (3) Rest :90 to 2:00 between top sets. Do you catch your power snatch particularly high? Can you catch it lower? How does this affect your full snatch?
SNATCH PUSH PRESS 70/5 (5) :90 rests. Using a rack take the bar onto the back rack and setup a snatch grip. Dip and drive to learn a fast and aggressive lockout overhead.	PAUSE FRONT SQUAT 70/6 (5) 2:00 rests. Pause for a full THREE-COUNT in the bottom of the hole. Stay tight and explode out as quickly as you can. Recover at the top as long as needed before repeating.	POWER CLEAN + 2 CLEAN & JERKS 55/2, 65/1, 75/1, 80/1, 75/1 (3) Rest :90 to 2:00 between top sets. Do you catch your power snatch particularly high? Can you catch it lower? How does this affect your full snatch?
PAUSE BACK SQUAT 70/6 (5) 2:00 rests. Pause for a full THREE-COUNT in the bottom of the hole. Stay tight and explode out as quickly as you can. Recover at the top as long as needed before repeating.	FLOATING CLEAN PULL 70/3, 80/3, 90/3 (5) :90 rests. Lift it completely off of the ground before trying to open the hip and shrug the shoulders. Return towards the ground, but do not touch the ground.	PAUSE BACK SQUAT 70/6 (5) 2:00 rests. Pause for a full THREE-COUNT in the bottom of the hole. Stay tight and explode out as quickly as you can. Recover at the top as long as needed before repeating.
<i>Accessories</i> <ul style="list-style-type: none"> • single leg hip ext 5x5/side <ul style="list-style-type: none"> • Stick with a normal hip ext if needed • Bulgarian split squat 5x8+/side • side plank lateral raise 5x12/side • seated shoulder ext 3:00 accumulated 	<i>Accessories</i> <ul style="list-style-type: none"> • GHD (assisted) raise 5x5+ <ul style="list-style-type: none"> • Keep your hips open the entire time. • hinge row 5x10+ • kettlebell swings 5x15+ • foam roll T-spine/lats 5:00 accumulated 	<i>Accessories</i> <ul style="list-style-type: none"> • GHD (assisted) raise 5x5+ <ul style="list-style-type: none"> • Keep your hips open the entire time. • hinge row 5x10+ • kettlebell swings 5x15+ • foam roll T-spine/lats 5:00 accumulated

JULY 2019 - WEEK OF 7/1